

School Height and Weight Report

For South Dakota Students
2005-2006 School Year



For the full report, see www.state.sd.us/doh/SchoolWeight.

For additional information, see www.healthysd.gov.

South Dakota Department of Health
February 2007

The South Dakota Department of Health, in cooperation with the South Dakota Department of Education has collected height and weight data on students since the 1998-1999 school year. This pamphlet summarizes the report of the data collected during the 2005-2006 school year.

Schools voluntarily submit height and weight data. Data for the 2005-2006 year was collected for 33.8 percent of the state's students from 276 schools, which is 31.5 percent of the state's attendance centers. While American Indian students comprise 15.6 percent of the South Dakota enrollment population, they represent 13.6 percent of the respondents. Schools and/or school districts who submitted measurements from 100 or more students are receiving school specific and/or district specific data along with the aggregate data in the full report.



At Risk For Overweight And Overweight

Data is analyzed for short stature, underweight, overweight and at risk of overweight using the current national standards. This pamphlet focuses on excess weight as South Dakota students as a whole are not short nor underweight.

Definitions:

Overweight: At or above the 95th percentile BMI-for-age when compared to children of the same age and gender.

At risk of overweight: 85th to 94th percentile BMI-for-age when compared to children of the same age and gender.

The national Healthy People 2010 objective is to "reduce the proportion of children and adolescents who are overweight or obese." The national Healthy People 2010 target in each of four age groups is five percent. The South Dakota

Department of Health 2010 Initiative performance indicator is to "reverse the trend and reduce the percent of school-age children and adolescents who are overweight or obese from 17% in 2003 to 15% by 2010."

Obesity Risk Factors

Obesity is a risk factor for the following conditions: cardiovascular disease, hypertension, diabetes, degenerative joint disease, and psychological problems. Although commonly thought of as an adult disease, obesity is a growing problem in children and adolescents and its consequences are increasingly being seen. Overweight children and adolescents have increased blood lipids and other cardiovascular risk factors. Research shows that 60.0 percent of overweight 5- to 10-year-old children already have at least one risk factor for heart disease, including hyperlipidemia and elevated blood pressure or insulin levels. Type 2 Diabetes in children, a disease that typically appears in adults, is increasing at alarming rates among children and adolescents. Liver disorders are more frequently found in overweight children and overweight children also have more hypertension, sleep apnea, and orthopedic complications. Overweight children are taller and mature earlier than non-overweight children. (Dietz, *Pediatrics* 101 Suppl, March 1998).



Report Results

The following tables provide the BMI-for-age statistics for South Dakota students. These data show that for all of the age groups and racial groups, South Dakota will need to substantially reduce the number of overweight children and adolescents in order to meet the Healthy People 2010 objective of five percent. All age groups except 5-8 year olds and all racial groups except white are above the South Dakota 2010 Initiative goal of 15%.

School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index For Age				
Age	Number Of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
5-8 years	14,460	16.1%	15.5%	31.6%
9-11 years	14,135	17.2%	18.1%	35.3%
12-14 years	12,491	17.1%	17.1%	34.2%
15-19 years	4,165	17.8%	16.7%	34.5%
Total	45,251	16.9%	16.9%	33.8%



School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index For Age, By Race				
Race	Number of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
White	34,980	16.6%	15.0%	31.6%
American Indian	6,075	19.5%	27.1%	46.6%
Other Races	1,809	16.0%	19.4%	35.4%
Race Unknown	2,387	15.0%	14.9%	29.9%
Total	45,251	16.9%	16.9%	33.8%

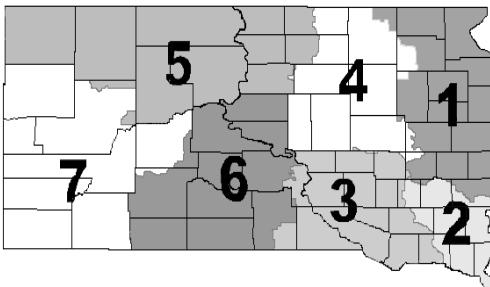
School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index For Age, By Gender			
Gender	Number of Students	At Risk For Overweight	Overweight
Female	21,948	17.3%	15.3%
Male	23,303	16.5%	18.3%



Regional Data

This report provides regional data. The composition of the regions varies in racial and age distribution. See the full report for additional information.

S.D. Education Service Agencies Region Map



Source:
South Dakota Department of Education

School Year 2005-2006 At Risk For Overweight And Overweight Body Mass Index For Age, By Educational Region				
Region	Number of Students	At Risk For Overweight	Overweight	At Risk For Overweight And Overweight Combined
Region 1	9,097	17.8%	17.3%	35.1%
Region 2	9,722	16.5%	14.0%	30.5%
Region 3	4,355	16.5%	19.2%	35.7%
Region 4	6,042	16.7%	17.7%	34.4%
Region 5	1,945	19.0%	25.7%	44.7%
Region 6	3,477	17.8%	19.0%	36.8%
Region 7	10,613	16.1%	15.4%	31.5%
Total	45,251	16.9%	16.9%	33.8%

How Have South Dakota Schools Been Successful?

Based on the school height and weight data submitted to the South Dakota Department of Health, some South Dakota schools have successfully reversed the increasing trend in child overweight and child obesity. For the full text of these excerpts and other successful ideas, see Success Stories under the schools tab on www.healthysd.gov website or the full 2005-2006 report. The website also has other suggestions for making a difference.

There is a team effort between the administrators, classroom and physical education teachers, school kitchen staff, and the nurses—to educate students and parents regarding the relationship between nutrition and exercise and overall health.

Sandy Schulz, Harrisburg School Nurse.

School overweight rate is only 0.1% higher than 4 years ago.

Providing healthy foods for snack time and parties

Lisa McInerney, Elk Point-Jefferson School Nurse.

School overweight rate dropped 3% since 1998-1999 year.

The exercise equipment is located in the health classroom. This allows students easy access to the equipment. Every morning you will find middle school students riding the machines. There usually is a waiting line to get on the six pieces of equipment.

Harry Haanen, Chamberlain Middle School Physical Education Instructor.

School overweight rate 3.5% below state average.

We promote ... jump rope, physical fitness testing, stationary bikes ... and activities that require a lot of running and full class participation. We spend little time on team sports that require many students to wait their turn.

Bob Reynolds, Physical Education Instructor, Douglas Middle School, Box Elder.

School overweight rate more than 4% below state average.

In the elementary we have encouraged healthier snacks, changed noon recess to before lunch and keep all the students out for recess and in PE.

Lori Wehlander, Superintendent/Elementary Principal, Iroquois Schools.

Though above state average, school overweight rate dropped 3.7% in two years.

Each staff member makes a real effort to be a healthier individual, and that filters down to the children.

Sandra Tucholke, School Nurse, Koch Elementary, Milbank.

School overweight dropping and now more than 2% below state average.

We have a ... community center that has an indoor track, pool, and gym that families can be a member of. The facility is also used by the after school program.

Theresa Adel, Physical Education Instructor, South Park Elementary, Belle Fourche.

School overweight rate more than 2% below state average.

... the entire Watertown School Administration has been very supportive of Watertown's health and physical education program. We are able to offer health and physical education five days a week. We have also been provided with a budget that supports our programs and we have also found other ways to supplement our financial needs.

Nick Kranz

Department Head, Watertown Middle School.

School overweight rate consistently below state average and dropping.